



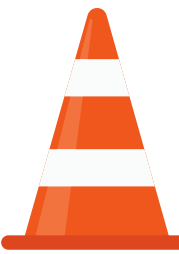
220 Washington Ave, Oshkosh
211 N. Commercial St, Neenah
(877) 886-2372

THINGS TO THINK ABOUT WHEN HIRING HOME CARE...

When choosing home care there are a few things to think about. Some individuals choose a home care agency or may hire a private caregiver. What kinds of things do home care workers generally help with in a home? Most can assist with personal cares such as: bathing, dressing, toileting, walking and transferring. Other tasks may include help with meal prep, grocery shopping, medication assistance, laundry, cleaning and transportation. If you have questions about home care, feel free to give our agency a call. You can also visit our website to read more about home care and find a list of home care agencies or agencies to help you find a private caregiver -

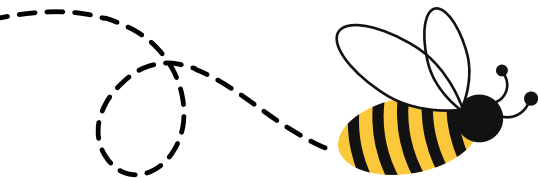
www.co.winnebago.wi.us/adrc/resource-library/home-care

- Interview in Person – Your initial reaction to the agency and/or home care provider is important.
- References – Ask for at least 3 to 6 references.
- Criminal Background Checks – Ensure the safety of home, self, personal property, etc. by following up with references and conducting a criminal background check.
- Insurance – (Workers' Compensation, liability, bonding, etc.) What if something is broken in the home or a home care provider is dishonest or injured?
- Payroll (local, state and federal payroll taxes) - Wages must be reported if you hire an independent home care provider. There are agencies available to help with payroll.
- Training – What kind of training has the home care provider had? Do they participate in a continuing education program?
- Availability – Is care available up to 24 hours a day, 7 days a week, etc.? What happens if a home care provider calls in sick or needs time off?
- Documentation – Is a log maintained daily on activity? Daily events should be written down so that all those involved in caregiving are aware of what has happened.
- Transportation – Is there home care provider assistance for running errands, going to appointments, etc.? What about emergency transportation?
- Rates and Billing (private pay, Medicare, Medicaid, long term care insurance, etc.) – Check everything out. You are going to need resources to pay for care. Keep good records.
- Contract or Service Agreement – Are you obligated for a certain period of time? Is there a deposit required to initiate services? Define your caregiving expectations. Get it in writing.
- Back up Plan – No matter how well a plan has been thoughtout, be prepared if something goes wrong or the plan changes.

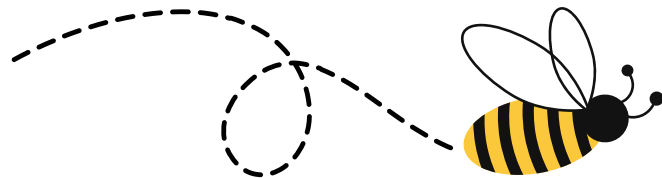



April 17th-21st was National Work Zone Awareness Week in Wisconsin. The County Executive office joined the ADRC in a photo to support our County Highway Department. You can support them too by staying off your phone while driving, moving over or slowing down in work zones, and obeying the speed limit.





MAY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Memory Care Respite Neenah 1:30-3:30pm Winnebago County Human Services Board Meeting 3pm	2 Oshkosh Committee on Aging 8am FOOD + DIVERSITY + COMMUNITY * Oshkosh Downtown YMCA 11am-12:30pm	3 State St Center Craft Fair* 11am-2pm	4	5 FVMP Lunch Bunch Two Brothers Family Restaurant Oshkosh 11am	6 NAMI Oshkosh 5K for Mental Health and Suicide Awareness *
7	8 BEAMING INC. Memory Cafe 10-11:30am SPARK! The Trout Museum of Art 1pm Memory Care Respite Neenah 1:30-3:30pm ADRC Committee Meeting 3pm	9 SPARK! Bergstrom Mahler Museum 10:30am Specialized Transportation Meeting 1:30pm	10 FVMP Memory Cafe Oshkosh Library 1:30pm	11 Virtual Dementia Tour Parkview Health Care Center 9am-12pm Registration required* Affordable Connectivity Program Presentation * Oshkosh Senior Center 1:30pm Day by Day Warming Shelter Open House* 4pm-7pm	12 Menasha Committee on Aging 1pm	13
14	15 FVMP Memory Cafe Neenah Library 1:30-3pm	16 Welcome to Medicare Presentation * Dep of Human Services, Oshkosh 2pm	17 Memory Screenings Menasha Senior Center 10am-12pm FVMP Memory Cafe Menasha 1:30pm	18 Neenah Committee on Aging 9am Memory Screenings Oshkosh Senior Center 10:30am-12pm Caregiver Support Group Community Church 3:30pm	19	20 Shred Event * Oshkosh Senior Center 9am-11am
21 Alzheimer's Association State Conference*	22 FVMP Memory Cafe Oshkosh 20th YMCA 1:30pm Alzheimer's Association State Conference*	23 Memory Care Respite Oshkosh 1:30pm	24	25	26	27
28	29 Memorial Day  ADRC office closed	30	31 SPARK! The Paine Art Center 1pm			

*An asterisk indicates there is more to read about this event in this newsletter.

Calendar Contact Information

FVMP Memory Cafes Lunch Bunch	Fox Valley Memory Project (FVMP) (920) 225-1711 info@foxvalleymemoryproject.org
Memory Screen Senior Centers	Alisa Richetti (920) 236-1227 Arichetti@winnebagoctywi.gov
SPARK!	Paine Art Center, Oshkosh (920) 235-6903 Bergstrom Mahler Museum, Neenah (920) 751-4658 The Trout Museum, Appleton (920) 733-4089
Neenah Memory Respite Care	(920) 383-1180 or memorycarerespite@gmail.com
Oshkosh Memory Respite Care	(920) 727-5555 ext. 2217
Winnebago County Human Services Board	pbartelt@winnebagoctywi.gov
ADRC Committee Specialized Transportation Committee I Team Meeting	ADRC@winnebagoctywi.gov
Neenah Committee on Aging	ckasimor@ci.neenah.wi.us
Menasha Committee on Aging	khutter@ci.menasha.wi.us
Oshkosh Committee on Aging	Judy.Richey@aol.com

No Bake Energy Bites



- 1 cup old-fashioned oats
- 2/3 cup toasted shredded coconut (sweetened or unsweetened)
- 1/2 cup creamy peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup semisweet chocolate chips (or vegan chocolate chips)
- 1/3 cup honey
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

1. Stir everything together. Stir all ingredients together in a large mixing bowl until thoroughly combined.
2. Chill. Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled.*
3. Roll mixture into 1-inch balls.
4. Serve. Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.

MIND OVER MATTER

HEALTHY BOWELS, HEALTHY BLADDER

Class for women 55+

3 sessions. 6 hours. Feel better and do more.



Learn strategies for preventing or lessening symptoms.

Understand how our bladder, bowels, and pelvic floor muscles work together.

Engages women to work together to set and meet personalized goals.

Call to register
☎ 920-232-3000

Recommended donation of \$15

OSHKOSH SENIORS CENTER

SOUTH BUILDING

MAY 2, 16, 30
TUES 9:30-11:30 AM



Public Health
Winnebago County
Health Department



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Recommended donation of \$15

MENASHA SENIOR CENTER

MAY 31, JUNE 14, 28
WED 10 AM - 12 PM



Public Health
Winnebago County
Health Department



Health & Wellness Corner



Looking for upcoming classes to improve your balance and strength? There are many programs and classes offered in our county designed to reduce falls.

Classes can also help improve your mood and introduce you to new people! Check out the below organizations who offer regular classes:

Menasha Senior Center

#920-967-3530

https://www.menashawi.gov/departments/senior_center/index.php

Oshkosh Senior Center

#920-232-5300

www.ci.oshkosh.wi.us/seniorservices

Neenah-Menasha YMCA

#920-729-9622

<https://www.ymcafoxcities.org/foreverwell>

Oshkosh YMCAs

#920-230-8916

www.oshkoshymca.org/programs/senior-programs/index.html

Winnebago County Health Department – Wellness Plus

#920-232-3000

www.co.winnebago.wi.us/health/divisions-program-areas/your-health/adult/wellness-plus-healthy-aging-classes

Omro Community Center

Please call #920-685-0380 for current activities.

UPCOMING WELCOME TO MEDICARE PRESENTATIONS

May 16th @ 2pm - Oshkosh
Dept of Human Services
220 Washington Ave, Oshkosh

June 13th @ 10am - Neenah
Dept of Human Services
211 N. Commercial St, Neenah

Please RSVP to 877-886-2372

SAVE THE DATE!

Wheelchair Wash
Oshkosh
June 10th



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILD POWER, STRENGTH, FLEXIBILITY & SPEED

ROCK STEADY BOXING

PARKINSON'S DISEASE MANAGEMENT
PROGRAM OPEN TO MEN & WOMEN, ALL ABILITY LEVELS.

20 MONDAYS & WEDNESDAYS | 9:30-10:45 a.m.

DT THURSDAYS & FRIDAYS | 9:30-10:45 a.m.

FEE:

\$47/month Member
\$70/month Non Member

OPTIONAL STARTER PACKAGE:

\$75 • Includes gloves, wraps,
t-shirt, and storage bag!
Other payment options are
available upon request.



CHECK
OUT OUR
ROCK
STEADY
BOXING
MISSION
VIDEO!

SUPPORT GROUPS are available for FREE for all
Parkinson's Fighters and their support person!
We meet once per quarter to go over lifestyle factors and
disease management strategies.

Contact Lindsey McMullin for more details at
lindseymcmullin@oshkoshymca.org or 230-8963.

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org
Downtown • 236-3380 • 324 Washington Avenue | 20th Avenue • 230-8439 • 3303 W. 20th Avenue

WHAT IS ROCK STEADY?

A program that gives people with
Parkinson's disease hope—by
improving quality of life through
a non-contact,
boxing-based, fitness cur-
riculum. Exercising with
coaches who know the
ropes, participants can
fight their way out of
the corner and start
to feel and function
better.
Rock Steady works
the body in all planes
of motion, while
continuously changing
the routine as you
progress through the
workout.

Click here for more
information.



Parkinson's Support Group

The Oshkosh YMCA has a Parkinson's Support Group that offers a forum where members can talk, share and learn from each other. This program is open and FREE to the entire Parkinson's Community, their loved ones, caregivers, Rock Steady Boxing Program participants and MORE! Everyone is welcome! These complimentary support groups are facilitated by Oshkosh Y staff, Parkinson's fighters and our medical partnerships including Aurora Healthcare, HomeCare Assistance and others. Meetings are held once a quarter in the multi-purpose room at the 20th Ave YMCA. To learn more, contact one of the Oshkosh YMCAs.

By helping others, you help yourself.

Make a difference, VOLUNTEER!

Call (920) 426-0150 to find out more!

Contact ADVOCAP's Volunteer Services Program today to
find out what you can do to make a difference in your
community.

- ★ Provide transportation
- ★ Serve your community
- ★ Support students
- ★ Visit with older adults



VOLUNTEERING:

- ★ Connects you to others
- ★ Provides a sense of purpose
- ★ Keeps you active & healthy
- ★ Makes you happy
- ★ Makes a difference



Congratulations. Linda!

Congratulations to Adult Protective Services worker, Linda Carder on her retirement in April 2023!

Linda has her Bachelor's in Social Work from the University of WI Oshkosh. Some of Linda's employment history is working as a Program Coordinator for Senior Friends, as well as case management with Lutheran Social Services, Adult Care Consultants and Winnebago County. Linda retired from Winnebago County as an Adult Protective Services (APS) worker. She has worked at the county since 2005.

What does an APS worker do? APS staff work with the most vulnerable older adults and adults with disabilities in our community. They complete welfare checks, investigate cases of abuse/neglect, provide resources or coordinate services to help someone stay in their home, and work with customers/families regarding guardianships and protective placements. APS monitors all of the protective placement that are ordered by Winnebago County. Their work involves working closely with customers, families, doctors, law enforcement, other county workers, hospitals, attorneys and Corporation Counsel.

When asked what she would miss most about working here, Linda shared that she will miss her colleagues and establishing connections with community partners. She will miss seeing some of the positive life changing events for her customers and her job as an advocate to protect vulnerable adults who are taken advantage of. In retirement, Linda is most looking forward to traveling, less stress, more time with family and spending time outside.

Linda wanted to share this "The work that any human service worker does can be intense, traumatic and challenging. Often as public workers the community doesn't realize the work that is being done for protection and advocacy of populations. Kudos to those that continue the work and serve the public. Keep up the good work!" You will be missed Linda!

THIS GAL'S
RETIRED



EXTRA INCOME FOR SENIORS

Do you know a senior who could use extra income? The U. S. Department of Labor funds an employment program for lower-income seniors called the Senior Community Service Employment and Training Program or SCSEP. They are currently hiring in Outagamie & Winnebago County. To qualify, the senior must be age 55 or older, unemployed, and meet federal income guidelines. Participants work part time hours at local non-profit or government sites and are paid minimum wage. Work schedules vary based on the need of the individual. It's as simple as a phone call to find out more: Call 920-593-3557. You can also visit their website: www.dol.gov/agencies/eta/seniors



FOSC is offering a **FREE**
Spring housekeeping

SHRED EVENT

Sponsored by

Rohan Meier & Morgan, LLC

MAY 20, 2023

9:00 AM to 11:00 AM

Oshkosh Seniors Center

North Parking Lot • 234 N. Campbell Rd



What can be shred?

All paper, file folders, hanging files, computer paper, note pads, and envelopes. Staples, paper clips, and bull clips do not need to be removed.

What cannot be shred?

Three ring binders (remove pages for shredding), batteries, small E-waste items, garbage, plastic cups, paper plates, food wrappers, etc.

CDs, DVDs, Data Tapes, Hard Drives, Microfilm and X-Rays

If you need these items destroyed, PROSHRED is happy to schedule this work for you. Please contact their office at 262.369.0922.

**Make a monetary donation to
The Friends of the Oshkosh Seniors Center
or bring a canned good for a local food bank!**

You are invited to:



DAY BY DAY

COMMUNITY OPEN HOUSE

THURSDAY, MAY 11

4:00-7:00 p.m.

Ribbon Cutting Ceremony at 5:30 p.m.

*Please join us as we celebrate the opening
of the new Day by Day Shelter.*

*All events will take place at the new Shelter
420 CEAPE AVE., OSHKOSH*

For more information, call the Shelter at 920.203.4536



Thursday, May 11 at 1:30 pm
Oshkosh Seniors Center's South
200 N. Campbell Road
Please call to register.
920.232.5300

Affordable Connectivity Program for internet access - Information and Question and Answer Session for Older Adults

AT&T is bringing in some guest speakers to
share with us how to apply and if you are
eligible for discounts on Internet Services

- Up to a \$30/month discount on your internet service
- Up to a \$75/month discount if your household is on qualifying Tribal lands
- A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)
- A low cost service plan that may be fully covered through the ACP*



STATE STREET CENTER SPRING CRAFT FAIR

**WEDNESDAY MAY 3RD
11AM – 2PM**

206 STATE ST OSHKOSH WI 54901

*Come support our members as they sell
their handmade crafts & artwork.*

**Cash only – Please & Thank you!*

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) OSHKOSH 5K FOR MENTAL HEALTH & SUICIDE AWARENESS



When? May 6th

Where? Oshkosh North High School

What is it? The NAMI Oshkosh 5K for Mental Health & Suicide Awareness raises funds for NAMI programs that support, educate and advocate for those affected by mental illness. It also provides a place to celebrate and honor those who are living with a mental health concern and remember those, with a mental health condition, who have passed.

Where to learn more? Call (920) 651-1148 or visit:

<https://runsignup.com/Race/WI/Oshkosh/NAMIOshkosh5KforMentalHealthSuicideAwareness>

May is Older Americans Month!

By the Administration for Community Living

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends and strengthen our commitment to honoring our older citizens.

This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy and energy.
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes and creative activities.
- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs and taking part in activities at your local senior center or elsewhere in the community.
- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends and community members.

For more information, visit the official OAM website:
<https://acl.gov/about-acl/authorizing-statutes/older-americans-act>



CONNECTING COMMUNITY THROUGH FOOD

Food often reflects our cultures and ethnicities, and what our family or friends eat. By sharing food with others we connect as humans and learn more about one another's lived experiences and identities. The sharing of food provides us greater opportunities to hold space for all to explore and share at the table. Join us to cook with Sarah Choll who will be presenting a Sudanese dish. She will be making plain rice, cumin seasoned rice, a special beans/carrot/chicken breast dish.

- Tuesday - May 2nd
- Downtown Oshkosh YMCA
324 Washington Ave, Oshkosh
- 11am-12:30pm
- RSVP or just stop by!
- 920-236-3380



Sign up for the Virtual Dementia Tour at
Park View Health Care Center
We still have openings on Thursday, May 11th
from 9am to Noon
Contact the ADRC to register
1-877-886-2372
or follow this link:
<https://forms.gle/mfCHdU5owAQwAztc7>



ALZHEIMER'S ASSOCIATION

37th Annual Wisconsin State Conference RISING WITH RESILIENCE

May 21-22, 2023

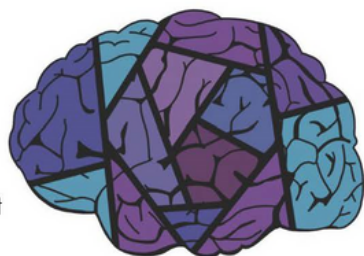
In-Person and Virtual

Earn CEU's

For Health Care Professionals
and Family Caregivers

alzconference.eventbrite.com

MEMORY SCREENING



A quick memory screening that
can establish your baseline or
detect memory loss

WHY SHOULD YOU GET A MEMORY SCREENING?

EARLY DETECTION IS IMPORTANT!

Just like health screenings for blood pressure, cancer, or diabetes—a memory screening helps with prevention and better treatments.

KNOWLEDGE MEANS YOU HAVE MORE CONTROL!

Dementias that are not reversible can often be treated with medications that could slow the progress of the disease and there are other resources to preserve quality of life.

TREATMENT IS POSSIBLE!

Some types of dementia are reversible, like those caused by nutrition, vitamin deficiencies, depression, infections or thyroid issues.

GET IMMEDIATE RESULTS!

You may keep them for yourself or we can fax them to your physician if you request.

OSHKOSH SENIOR CENTER

200 North Campbell Road
Oshkosh

3rd Thursday of the month
10:30am—Noon

Call to set up your appointment
(920) 232-5300

MENASHA SENIOR CENTER

116 Main Street
Menasha

3rd Wednesday of the month
10 am—11:30am

Call to set up your appointment
(920) 967-3530

Fox Valley Memory Project Presents:

Dementia Care Partner Conference

Friday, June 2nd
10am-2pm

Fox Valley Technical College
1825 N. Bluemound Drive
Appleton, WI 54912
Entrance 16-North parking lot

Become the best care partner you can be for your loved one with Dementia

Sign up today! Space is limited, and registration is required.

Register Online: <https://www.foxvalleymemoryproject.org/conference/>

For assistance in registering, call (920) 225-1711

- Conference Schedule -

9:30 AM :Registration and Respite Care Open

10:00 - 11:00 AM: Spreading Joy through Caregiving- Carmen Leal

11:15 - 12:00 PM: Dementia: What we know today- Dr. Kokontis & Julie Feil, Neuroscience Group

12:00 - 12:45 PM: Lunch & Resource Fair

1:00 - 1:45 PM: Memory Link: Making the connection to resources- Kristy Millar & Sarah Swant

1:45 - 2:00 PM: Resource Fair

Free respite care for your loved one with dementia available on-site. Must register in advance

Register with your
Smart Device



Conference Partners



May Memory Cafe's



Memory Cafe's welcome people experiencing memory loss, along with family and friends who love and care for them. Participants get involved in activities, learning, music, conversation, laughter, fun and also enjoy refreshments. For more information and other cafe' locations throughout the Fox Valley contact the Fox Valley Memory Project at www.foxvalleymemoryproject.org

Menasha

Elisha D. Smith Public Library, 440 First Street, Menasha - Wednesday, May 17th -1:30pm-3pm
Let's go back in time and get your 'Senior Pictures' taken in the SMITHworks Community Studio at the library. Wear your favorite outfit and we will enjoy some creative time making fun photos!

Neenah

Neenah Public Library, 240 E Wisconsin Avenue, Oshkosh - Monday, May 15th -1:30pm-3pm
The Kentucky Derby party returns! Don your best hat and join us for a mint julep (non-alcoholic of course) and competitive horse races!

Oshkosh

Oshkosh Public Library, 106 Washington Avenue, Oshkosh - Wednesday, May 10th -1:30pm-3pm
It's a tea party - learn about tea, enjoy some tasty treats, and a tea party themed craft.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Monday, May 22nd - 1:30pm -3pm
Armchair Adventure to Norway! We'll take a virtual tour of Oslo, Bergen & the Fjords. You'll have a chance to try some Norwegian waffles with berries and cream, as well as, Norwegian chocolate!

BEAMING INC.

BEAMING Barn, 2692 County Road GG, Neenah - Monday, May 8th - 10am-11:30am
Equine-assisted memory cafe's for seniors with memory loss and their caregivers to enjoy the horses and other interactive activities. To register call 920-851-6160 or email incbeaming@gmail.com



Contact Us!

220 Washington Ave, Oshkosh
211 N. Commercial St, Neenah
Email: adrc@winnebagoctywi.gov

Hours:
Monday - Friday- 8am-4:30pm
(after hour appts available upon request)



Like us on Facebook!
Phone: 877-886-2372

www.co.winnebago.wi.us/adrc